

**AMENDMENTS TO THE CLAIMS**

1. **(Currently Amended)** A method comprising the steps of:  
receiving rate information for a wireless unit at a first rate; and  
adapting ~~at a second rate not equal to said first rate~~ a channel for  
communicating between said wireless unit and a base station such that the  
channel is adapted more frequently than said first rate.

2. **(Cancelled)**

3. **(Currently Amended)** The method of claim 2-1 wherein said  
receiving comprises:  
receiving said rate information from said wireless unit.

4. **(Currently Amended)** The method of claim 2-1 wherein said  
receiving further includes:  
receiving said rate information once every three slots.

5. **(Original)** The method of claim 4 wherein said adapting further  
includes:  
adapting said rate information every slot.

6. **(Original)** The method of claim 4 wherein said adapting further  
includes:  
responding to rate information up to once every slot.

7. **(Currently Amended)** A method comprising the steps of:  
receiving rate information from a plurality of wireless units where each  
of said wireless units report said rate information at a first rate; and

adapting ~~at a second rate not equal to said first rate~~ a channel for communicating between at least one of said wireless units and a base station such that the channel is adapted more frequently than said first rate.

8. **(Currently Amended)** A method for determining a data rate for a downlink communications channel shared by a plurality of wireless units for communication with a base station, wherein said data rate is adapted based on feedback information from at least one of the wireless units, said method CHARACTERIZED BY:

receiving, at a feedback rate, at least some said feedback information from at least a given wireless unit for calculating the data rate; and

adapting, ~~at an adaptation rate different from~~ more frequently than the feedback rate, said data rate based on said feedback information, for at least the given wireless unit to use on said downlink communications channel.

9. **(Currently Amended)** A rate-determination system for determining a data rate for a downlink communications channel shared by a plurality of wireless units for communication with a base station, wherein said data rate is adapted based on feedback information from at least one of the wireless units, said method CHARACTERIZED IN THAT:

the system is configured to receive, at a feedback rate, at least some said feedback information from at least a given wireless unit for calculating the data rate; and

the system is further configured to adapt, more frequently than ~~at an adaptation rate different from~~ the feedback rate, said data rate based on said feedback information, for at least the given wireless unit to use on said downlink communications channel.